

Fitness Test Requirements - Male

Classification	FIFA HI Test		District Beep Test
Men	Sprint (6 x 40m) 60 second recovery	Interval Run x40(4000m)	Must Complete Level
Referee (FIFA, National)	6.0 sec	15/18 sec	n/a
Provincial – Grade 10	6.4 sec	15/20 sec	n/a
Regional – Grade 9	6.6 sec	17/22 sec	n/a
District – Grade 8	n/a		8
District – Grade 7	n/a		7

Fitness Test Requirements - Female

Classification	FIFA HI Test		District Beep Test
Women	Sprint (6 x 40m) (60 second recovery)	Interval Run x40(4000m)	Must Complete Level
Referee (FIFA, National)	6.4 sec	17/20 sec	n/a
Provincial – Grade 10	6.6 sec	17/22 sec	n/a
Regional – Grade 9	6.8 sec	17/24 sec	n/a
District – Grade 8	n/a		7
District – Grade 7	n/a		6

Fitness Test Requirements - FIFA & NATIONAL AR's

FIFA & National Assistant Referee Only	CODA	Sprints (5x30m) 30 second recovery	Interval Test x40(4,000m)
Men	10.00 sec	4.70 sec	15/20 sec
Women	11.00 sec	5.10 sec	17/22 sec

